

Cream of Potato Soup

- 3 cups potatoes, peeled quartered
- 1 small onion
- 2 carrots chopped
- 2 sticks celery chopped
- 1 cup cauliflower cut into pieces
- 2 cups chicken stock - low sodium water
- 1/4 cup milk you can use skim
- 1 tablespoon minced garlic
- 1 teaspoon salt
- cheese for topping

Put potatoes, onion, carrot, celery and cauliflower into a large pot. Add chicken stock. Add just enough water to cover the vegetables.

Bring water to a boil, then reduce heat and simmer. Cook until vegetables are tender.

Remove one cup of vegetables from the pot with a slotted spoon. Set aside.

Pour the the rest of the soup, including most of the liquid into a blender or food processor. Add milk, garlic and salt.

Blend for about two minutes.

Add the remaining cup of vegetables and blend for a few seconds. Serve with a sprinkling of cheese or sour cream.

The best thing about this soup is that it tastes like the fattier version, but really you are getting a lot of veggies packed into a bowl. This soup was also a big hit with my kids, they asked for seconds, thirds....

Add a loaf of whole wheat bread for a complete meal.